

The 5th Month (17 to 20 weeks)

Some changes you may see:

- If your baby has hiccups, you probably will be able to feel them!
- You may notice a yellow fluid coming from your breasts. This is normal. Your body is preparing for breast feeding.
- It's very important to see your dentist during your pregnancy. As your pregnancy goes on, you may notice your gums become swollen and bleed more easily. If bleeding goes on for too long — call your dentist.
- You may feel sharp pains in your belly or groin when you laugh or move too fast. This is because your belly is growing very quickly. If the pain doesn't go away, call your doctor!

Things you can do:

- Treat yourself to something nice — get a new hairdo, get your nails done, or whatever you like.
- If you have other children and need some time off, see if a friend can help for an hour while you take a nap.
- Be sure to avoid lifting heavy things. Avoid chemicals and X-rays. Stay away from people with contagious diseases.
- Continue getting regular, easy exercise. Don't overdo it, but easy exercise will help you feel your best. It will help you after you deliver, too! You can sign up for a special exercise class — ask us and we will give you details.